Ladies' Sanitary Association.

HOW TO MANAGE A BABY.

FORTY-THIRD THOUSAND.

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HOW TO MANAGE A BABY.

WHERE yesterday there was pain and sorrow, to-day there is happiness and joy "because a child is born into the world"—a little helpless thing, so weak, that if neglected it would die in an hour; so strong, that if well managed, it may live to grow old and grey.

But there is something very wrong somewhere, for, so far from living to grow old, above thirty babies out of every hundred born in this country die before they have lived five years. Those who should be in the cradle, lie in the churchyard; those who should be playing upon the daises, sleep under them; on all sides "Rachel sits weeping for her children because they are not." Poor little ones! why should they die? why are such precious lives thus wasted? Ah! "thereby hangs a tale," a strange and sad one, which we women should do well to listen to. The causes of these early deaths are many; but by far the greatest is our own ignorance and bad management. We have never been taught the laws of infant life and health, and so we disobey them every hour, and thus cause the disease and death which we mourn over. Almost every baby comes into the world quite strong and healthy enough to live long and to keep well; it is we who cut life short, just as truly as we cut off tape with our scissors; it is we who make illness, just as truly as we make puddings or pies.

Yes, women have been in the world six thousand years, and still up to this very day but few of us know how to manage our little ones. Then it is surely high time we began to learn.

Many very good books have been written about the management of babies, but some mothers have not time to read them, so we have written out some of the most particular things in this tract, which is short enough for every one.

WASHING.

We will begin at the very beginning of baby's life. As soon as it is born it should be well washed in water at about blood heat. The nurse should sit on a low chair, not too near the fire, and have on a flannel apron, upon which the baby should be laid, with its head resting in her left hand. The basin of water, a nice, clean, soft sponge, a piece of soft, fine flannel, a piece of soap, and a soft, fine towel, should be put on another chair at her right hand. She should begin by washing round the eyes, gently opening the eye-lids and washing along the edges of them with a sponge or a piece of soft flannel. This must be very carefully done, and the sponge or flannel and the water be quite clean, or the baby's eyes will become red and sore. Then the face should be washed with sponge and water, but no soap; and anything which stops up the nose should be carefully taken out; the slime in the mouth must also be taken out with the sponge, or a piece of clean linen rag. Next, the head should be washed with soap and flannel, and dried at once. The whole body should then be washed with soap and flannel. Great care should be taken to wash and

dry every part well, especially near the joints, between the folds in the flesh, the little folds in and behind the ears, and the fingers and toes: all these little parts should be washed with the corner of the flannel wrapped round the end of the forefinger. After the body is dried, it should be powdered with violet, rice, or starch powder, especially between all the little parts just named; the unscented powder is best. This makes the skin quite dry, and keeps it from getting chafed and sore. Many women are not nearly careful enough in all these little things, and this is the reason why we see so many babies with sore eyes and ears, and chafed, sore skin; such carelessness is very cruel. The water used for washing babies should not be warmer than blood-heat. They should be washed well twice a day, morning and evening: water costs little or nothing, so there can seldom be any good excuse for leaving them dirty.

The common practice of pressing the breasts of young infants, with the idea of getting out the milk, which is incorrectly supposed to be there, is very dangerous and cruel. So is the practice of pressing the upper part of the head to close the opening on the top. This exists not because the bones of the skull are too far apart and need pressing together, but because the upper part of them is not yet formed. Of course no pressure of ours can form it; but Nature will do this all in good time without any of our interference.

When the baby is washed it should be allowed to kick about naked in the nurse's lap for a few minutes, as the air will do it much good. The nurse should not sit too near the fire, or the baby will be made very liable to take cold, and she should never sit with its head turned to the fire, but always the feet.

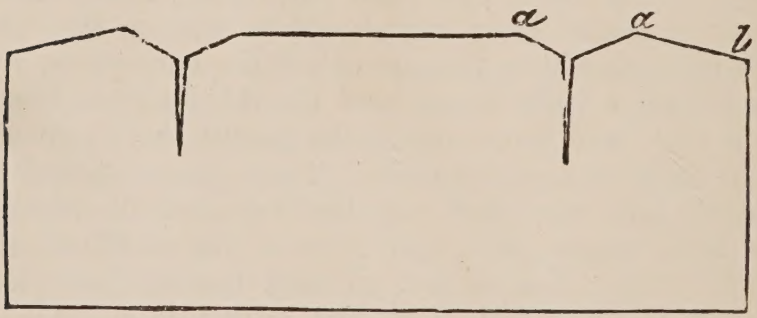
The navel-string should next be attended to. It should be wrapped in a fold of soft linen, about four inches wide, and be turned upwards to lie flat on the stomach. Then a very fine flannel roller should be wound round the baby twice or three times, to keep the navel-string from moving and rubbing the skin. This roller should be about four inches wide, and thirty-three inches long, and the edges should be left raw, as if they are bound or herring-boned they will chafe the skin. Besides this flannel roller, many women use a long cotton one for their babies; but this only does harm. Great care should be taken that the roller is loose enough; it should be only just so tight as to keep the navel-string from slipping, but not so as to hinder free breathing. If the roller is wound tightly, it does the baby a great deal of harm, for it cannot then breathe properly, nor stretch and move its body freely as it ought to do. Yet many women will use tight rollers, or tight elastic belts; and this is one great reason that babies get weak and die, for if they have not room to "stretch and grow," they cannot be strong and well. A doctor was once called in to see a newly-born baby which was in violent fits, and was expected to die every minute. He found that it had on a roller wound so tightly that it could hardly draw its breath; and this was the cause of all the mischief, for it got better directly the roller was taken off. If the baby is strong, the roller should only be worn until the navel-string comes off, for it then only does harm. Very weak babies may wear the roller for one or two months longer. Some mothers use the roller, even for strong babies, until they are five or six months old, and they will tell you it is quite right to do so, and that a baby is so weak that it must have something bound round to

keep it straight and in its proper shape. This is a very great mistake, for in some countries where the babies do not wear rollers they never get crooked, but are very straight and strong, and begin to walk much sooner than children in this country. The navel-string generally dries up and comes off when the baby is about five days old. If the navel is sore, a piece of very soft linen rag should be put upon it. If the navel seems likely to push outwards, twelve little round pieces of linen rag should be put on it. The first piece should be the size of a threepenny-piece, and the second a little larger, and the third a little larger than that, and so on up to the twelfth, which should be as large as a penny-piece. These pieces should be laid one upon the other with the largest at the bottom, the next largest next, and so on to the smallest; the whole should then be put on with the smallest piece nearest to the navel, so as just to fit into it. A long strip of rag should then be rolled twice round the body to keep these little pieces from slipping off.

Most women make their baby's clothes in a very bad way; they have four great faults. First, they do not come up near enough to the neck to keep the chest and shoulders warm; second, they press on the arms and so prevent them from being moved freely; third, they cannot be put on without turning the poor child over and over like a "roly-poly" pudding, and thus making it fretful; and, fourth, they are too long, full, and heavy. They ought to be made to cover every part of the body alike; they should rest upon the collar bones, so that the arms may be quite free; they should be so made that they can be put on without turning the baby once; and be short and light, so that it can move its limbs quite freely, as all other young creatures do. Below are given good patterns of clothes

for babies, from birth to the sixth month. Figure 1 is the pattern of a shirt; it should be made of very fine calico or linen, cut all in one piece, and be about ten inches long and twenty-seven inches wide. The only seams are at the places marked *a. a.*, and there is a slope of about three-quarters of an inch from *b.* to *a.*

Figure 1.



A narrow tape should be run in at the top of the shirt, so that it can be drawn up to the right size; when drawn it should come quite up to the baby's neck, so that the chest and shoulders are covered. One end of the tape should be drawn out at an eyelet-hole, about an inch and a half from the front hem, so that the front laps over a little piece when the tape is tied.

Fig. 2, shows this shirt when made and drawn up. Fig. 3, is a pattern for a flannel petticoat; the body should be about five inches long, and twenty-four wide; the straps should be about four inches and a half long, one inch and a half wide at the widest part, and about three inches apart, and should be buttoned over the baby's chest. The skirt should be about eighteen inches long and thirty-two wide, and the fulness should be set in flat plaits. This

Figure 2.

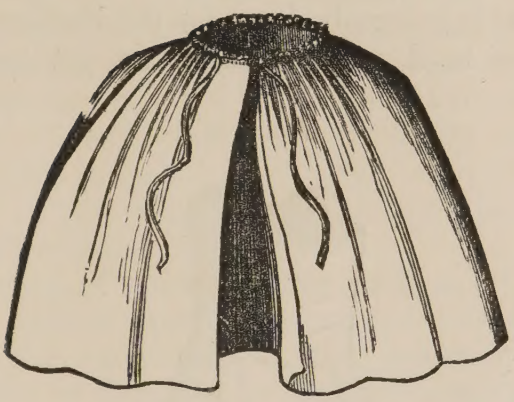
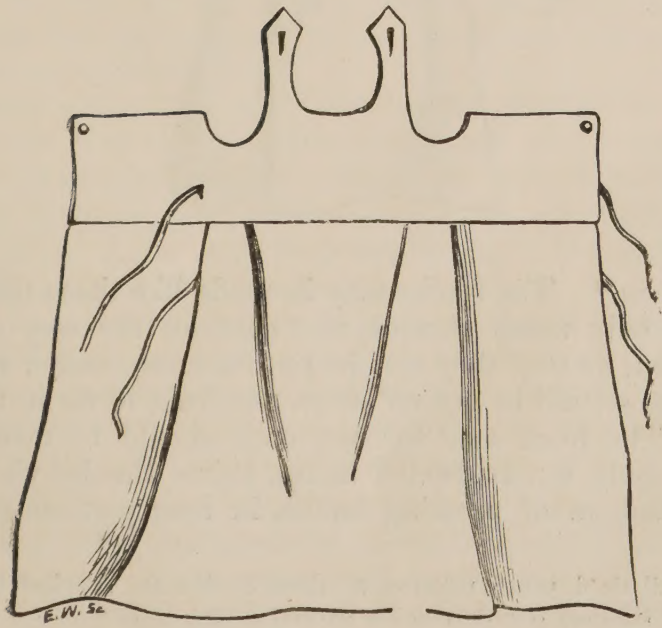
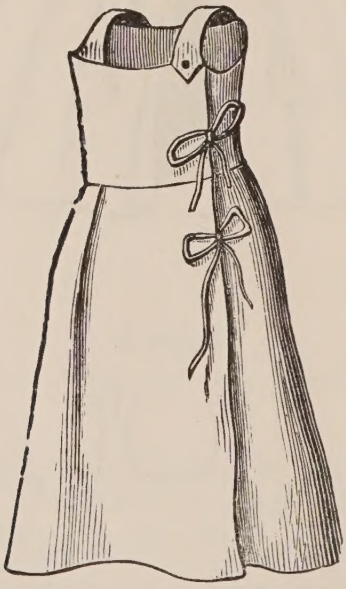


Figure 3.



petticoat covers the chest well, and leaves the arms quite free. It is better to herring-bone the flannel than to bind it as is generally done, for the binding is always more or less hard. Fig. 4 shews the petticoat as it is

Figure 4.



when on.* The frocks may be made like those usually worn, only much shorter, and open all the way down in front, so that they can be put on more easily; a few strings should be put on down the front to tie it when on. The frock and the petticoat should be made to come only ten or twelve inches below the baby's feet. The fashion of dressing babies in long petticoats and

* Full-sized paper patterns of these clothes are supplied by the Ladies' Sanitary Association, 22, Berners Street, Oxford Street, W.

frocks, reaching almost to the ground, is a very bad one, for these long, heavy skirts drag down the baby's weak little feet and legs, and keep it from moving them freely. Besides this, long skirts get dirty sooner, are more trouble to wash and iron, and cost more.

A shirt, flannel petticoat, and frock, are all the clothes which a baby needs after the navel string comes off. There is no need to get any caps; the baby will be better without them.

The clothes, of which patterns are here given, can all be put on without turning the baby over once; while it is lying on the stomach, after having had its back washed, its arms can be slipped into the arm-holes of the shirt, flannel, and frock; and then nothing remains to be done but to turn it over and fasten them in front. Anybody can see how much better and quicker this plan is, than having clothes which cannot be put on without turning the poor little one over and over several times, as is usually done.

Every thing which a baby wears should be very loose, so that it can move every part of its body as freely as though it had no clothes on. No pins should be put into any part of the dress; they often run into the tender flesh, and do much harm before any one can find out what is the matter.

At least four frocks, six shirts, two flannel petticoats, two pilches, and twelve napkins should be got. The napkins should be made with loops, so that there may be no need to use pins. A new invention, called "The Baby's Napkin Protector," has lately been widely advertised. It consists of a pair of closed drawers of a patent waterproof material, and is a most mischievous contrivance. Being waterproof, it prevents the escape of the heat and moisture from the child's body, and keeps it in a state of perpetual poultice, which is very

weakening and injurious in every way. It is, besides, an encouragement to uncleanliness and neglect.

The shirt and nightgown should be changed twice a week at least, the flannel petticoat and frock twice a week, and the napkins directly they are wetted. Many women leave the napkin on an hour or more after it has been wetted, thinking it does no harm; but that is quite wrong, for it makes the skin hot, chafed, and sore. When a napkin has been wetted, it should not be used again before it has been washed. When a napkin has been used and taken off, the baby should be sponged with clean water between the thighs, and wherever it is wet or dirty. After the first six months, the baby should be accustomed to do without the napkin altogether; this may easily be done if it is always held out every two hours, and after it has been to sleep.

FOOD.

After a new-born baby is washed and dressed, it is very common to give it rue and sugar, butter and sugar, castor-oil, water into which a hot cinder has been thrown. But none of these things are needed; and it is wrong and cruel to force the baby to take them. The mother's first milk has a peculiar aperient property, and will in a natural way effect the purpose for which these nasty things are given.

A baby does not need feeding at all for four or five hours after it is born, and the best plan is to let it go to sleep until the mother is well enough to suckle it, which she generally is by the time it wakes. Some nurses are quite miserable if they are not allowed to give baby gruel or something at this time; but the mother must insist that it shall have nothing but a little wholesome leaving alone. Although the

mother's flow of milk does not come until the third day, there is usually a little in the breasts, enough to support the baby up to that time. If this is scanty, or if the flow of milk into the mother's breast is delayed beyond the third day, the baby must be fed with a little good and new cow's milk, mixed with double the quantity of warm water, and sweetened with a little sugar, and given every fourth hour. This is to be stopped as soon as the flow of milk appears. The milk must never be boiled, and should never be given warmer than blood-heat.

It sometimes happens that a mother cannot suckle; and very often she ought not if she can. Our tract called "The Health of Mothers"* tells when it is wrong to suckle. And sometimes a poor mother goes to suckle some rich lady's baby with the milk which belongs to her own little one, which very often dies for want of it. It is true it seems a great help to a poor woman to go and earn high wages as a wet-nurse, but still she ought not to do so; and if she knows what is right, and means to act up to it, she will never thus rob her baby of strength and life. Many other women are obliged to work in factories, or to go out cleaning and washing, a long way from home, so that they cannot suckle their babies above once or twice in a day. If a woman is really obliged to do this, it is a very great misfortune, both to her child and herself, and she ought to try every way to get work to do at home. For if a baby is fed never so well by hand, it cannot be nearly so strong as if it were suckled by a healthy mother.

Some women, instead of not suckling their babies

* "The Health of Mothers." Prepared under the direction of the Committee of the Ladies' Sanitary Association. Price Twopence. London: The Ladies' Sanitary Association, 22, Berners Street, Oxford Street, W., and Jarrold and Sons.

often enough, suckle them too much, letting them suck at any time, and all times, day or night, whenever they cry or are restless. But a baby's cry does not always mean, "I am hungry;" it may mean, "I have had too much," "I am cold," "I am hot," "A pin pricks me," or fifty other things. Little children, like us bigger ones, want a great many other things besides mere food; but whatever they want they can but cry. The mother who is foolish enough to suckle her baby every time it cries, does it much harm, and weakens herself also.

In the day time, once in every two or three hours is quite often enough to suckle a baby for the first three months; and after the first fortnight it should not be suckled at all in the night. If it is well managed, and suckled the last thing before the mother goes to bed, say at ten or eleven o'clock, it will generally sleep till three or four o'clock in the morning; thus the mother will get a good night's rest, a thing which no woman can be well without, especially if she has to get up early and work hard all day. Many mothers wear themselves out by being disturbed at night by their children; and in very many cases this might be prevented by training them to take the breast only at regular and proper times: children may be trained to like and cry for almost anything, right or wrong. When a baby is about three months old, it should be suckled less often: from that time to the time it is weaned, once in three or four hours will be often enough.

Nothing besides the mother's milk should be given to a baby until it is weaned. Many women have their baby on their lap at meal times, and put pieces of meat, pudding, and all kinds of food, from red herring to cucumber, into its mouth. All that can be said of

this is, that it is very wrong. It would be quite as wise to set a baby's hands to drive a plough, to dig, or to do any other grown-up people's work, as it is to set its little stomach to take grown-up people's food. Then, after being thus crammed, baby gets ill, and is most likely physicked till it becomes worse. Alas! it is not physic that baby wants, but proper food, and baby's mother sadly needs a little knowledge. Not only does improper food make children ill, but it often kills them outright. Only a few days ago a woman gave a piece of raw apple to a baby of five months old. It ate it, and in a few minutes began coughing, turned black in the face, and died, through choking, before the doctor had time to come to it.

People sometimes stand round a baby's coffin, and say "Ah, poor thing, it's a happy release," and seem to think after all it is not a bad thing for a baby to die. But it *is* a bad thing, and a very bad thing; for though discontented people say this world is a miserable place, it is a great blessing to live long in it. And although a baby who dies will be very happy in Heaven, it would be far happier if it lived to be a good man or woman, and then died. It is also a very wicked thing to let a baby die through wilful bad management. The Bible says, "Thou shalt not kill," and that command applies to killing by inches, by carelessness and neglect, as well as to killing at once, with a knife or poison. Do we think of this?

WEANING.

No exact time for weaning can be laid down as the right one in every case. Many women injure their own and their child's health very seriously by suckling too long. It may be laid down as a general rule, that when the mother is tolerably healthy,

and has enough milk, she should wean sometime between the ninth and twelfth month. The appearance of the child's teeth may be generally taken as a sign of its fitness for weaning. But if the mother's milk becomes poor in quality or small in quantity, so that it does not nourish the child well, it is best to wean it, however young it may be.

About a month before the time when the mother means to leave off suckling, she should begin to suckle less often, and give her baby, once or twice a day, a little good new milk, mixed with about a quarter as much warm water, and sweetened with a little sugar; when the whole is given to the baby, it should not be warmer than blood-heat. When the baby is quite weaned, milk sweetened, but without any water, is best. A little milk should be bought twice a day, so that the baby may always have it fresh and good; it is best to have it always from the same cow. It is easy to get good milk in small towns, but in London and many other large places, it is often very bad and very dear. If the mother lives in any of these large towns, she should take care to buy a little of the best milk at a good milk-shop, and never buy cheap skimmed milk. ~~In summer many people boil milk to make it keep; but milk which has been boiled is much changed, and is not wholesome for babies.~~ The milk for them should be kept in the coolest place about the house, and put into a basin of cold water, ~~which should often be changed, so as to keep the milk very cool: by this plan it may be kept sweet in the hottest weather without being boiled.~~ The milk should be given with a spoon, and at the time when the baby is hungry, so that it may be more willing to take it. When it gets accustomed to take it, a little good stale bread, soaked in hot water, should be put to it. And

the more food the baby takes, the less often should the mother suckle it, until, at last she weans it altogether. If she weans it in this way, little by little, it will not fret so much after the breast, and her milk will not be so troublesome to her as it would if she left off suckling all at once.

When the baby is quite weaned, bread and milk, or oatmeal and milk, should be given it, at seven o'clock and eleven o'clock in the morning; and for dinner, at about three o'clock, a little Indian-meal pudding, or wheat-meal pudding, or beef-tea, and bread should be given; then, for supper, at about seven o'clock, a little bread and milk, or oatmeal and milk again. All babies do not need beef-tea, but many will grow thin and weak without a little once in the day. Of course these hours may be altered to suit different people's convenience, but it is well to let the baby's meals be given regularly four hours apart.

From the time the baby is weaned till it is eighteen months old, it should be fed four times in a day, but never more. Some mothers give their babies little bits of different things between meals, at any time and at all times. If they are making an apple-pudding, baby gets a piece of apple; then, perhaps, they go into the grocer's shop, and he gives baby a fig, or perhaps a neighbour gives it a little cake; so it is eating almost all day long. But if a mother wishes her baby to keep well, she should not give it a morsel of anything to eat except at its regular meal times; no, not even so much as a biscuit or a sugar-plum.

When the baby is about eighteen months old, three meals in a day will be quite enough for it. For breakfast and supper, bread and milk, or oatmeal and

milk, are very good food. The bread should be very good, and at least two days old. It should be first soaked for a few minutes in hot water, then the water, should be drained away, cold new milk put in its place, and a little sugar put to the milk. For dinner, wheat-meal porridge, Indian-meal porridge, baked whole-rice pudding and milk, and stewed apples and bread are very good food. No meat, fish, fruit pudding or pie, or green vegetables, should be given to children under two years old. For drink, there is nothing so good as milk or water; tea, coffee, beer, porter, wine, or anything of the kind, should never be given to young children.

BOTTLE FEEDING.

When a mother is too weak or too ill to suckle, it is, as we have already shown, a very bad thing for her poor baby, and if very great care is not taken of it, it will certainly die. Still, if it is a strong child, and is very well managed, and carefully fed with the bottle, it may be brought up pretty well.

For the first three months it should be fed with good new cow's-milk, sweetened with sugar and mixed with half as much warm water, so that the whole is about lukewarm. After the first three months, milk with less water, or milk alone, should be given. One tea-spoonful of sugar is the right quantity to sweeten one pint of milk and water, or milk. The milk should not be sweetened until a few minutes before it is given to the baby, or it will turn sour. It should not be warmed over a fire; for when milk and water are used, the warm water will make the milk warm enough, and when milk is used alone, it can be easily

warmed by putting it into the feeding-bottle, and then putting the feeding-bottle into warm water. The milk should never be given more than lukewarm.

It happens sometimes that new milk, just as it comes from the cow, is too rich for the baby. When this is the case, the milk should stand a few hours till the cream rises, and then be skimmed before it is given. But even in this case cheap skimmed milk must not be given, for good new milk which has stood for a few hours and been skimmed once, is a very different thing from milk which has been standing a day or more, and been skimmed twice.

When the baby's first four teeth are through, the milk should be changed for some more solid kind of food. Tops-and-bottoms and barley-gruel are among the best kinds of food for this time. Four tops-and-bottoms should be put into a basin, then boiling water should be poured over them and they should be left, covered with a plate, to soak for ten minutes; after which the water should be strained away, and they should be well beaten up with half a tea-spoonful of sugar and half-a-pint of good new milk.

The prepared barley groats should be used for making the barley gruel. The best way to make it is to put a table-spoonful of the groats into a basin, pour on a small quantity of water, little by little, and mix the whole well till it is about the thickness of thin batter. Then have ready, in a little saucepan, three-quarters of a pint of boiling water, pour it upon the groats which have been mixed, stirring them all the time, put the whole into the saucepan and let it boil ten minutes, still stirring it all the time. It should boil exactly ten minutes, so the time must never be guessed at. Enough food may be made to last a

whole day, but it should never be kept longer than that, or it will not be good. Before it is used it should be sweetened with sugar, and mixed with good new milk till the whole is about the thickness of good cream. The sugar and milk should never be put to the food until a few minutes before it is used, or it will not be so good. The saucepan used for making the food should be kept very clean, and the food should never stand in the saucepan, or it will be more likely to turn sour.

A glass feeding-bottle, with an India-rubber or cork nipple, is the best thing to give the milk from.* The bottle and nipple should be kept very clean. The bottle should be emptied after each time it has been used, and then be thoroughly cleaned by filling it with cold water with a few shot or tea-leaves in it, and then shaking it well, till every spot of dirt or curdled milk is taken off, and "it is as bright as silver." The nipple should be taken off after each time it has been used, thoroughly washed in cold water, and gently brushed with a little hard brush till every tiny piece of curdled milk is taken away; it should then be well rinsed in some fresh water and dried with a clean cloth. The mother cannot be too particular in keeping the bottle and the nipple very clean, for if they are in the very least dirty, they turn the fresh milk sour; and sour milk makes a baby troubled with wind, colics, and a great many other bad things.

The way of holding the feeding-bottle is of great consequence. It should be held in the right hand, and

* Besides the common glass feeding-bottles, there are three other sorts, "*Maw's Patent Feeding-bottle*," "*Elam's Feeding-bottle*," and "*Cooper's British Feeding-bottle*," which are very good; but they cost too much for the poor to buy them, and are not so simple or so easily cleaned as the common feeding bottles.

tilted enough to keep the neck always quite filled with food; if the neck is not full, the baby will suck air instead of food, and in this way get wind on its stomach. The way of holding the baby is also of great consequence. It should be held as nearly as it can be in the same way in which a mother would hold it when giving the breast, that is, half lying, with the mother's left arm round its body and under its head, so as to keep it warm and comfortable.

If the food is given from a spoon or from a boat, the baby will not thrive nearly so well as when a bottle is used, because the action of sucking brings into the mouth the saliva, which mixes with the food and makes it digest better.

The quantity of food must be according to the age and strength of the baby. For a strong baby, from one to three months old, rather more than a quarter of a pint of milk and water at a time is plenty, three parts of a pint is the most that should ever be given. For one from three months to eight months old, about the same quantity of milk without water should be given. Great care should be taken not to cram the baby with more food than it wants. Some mothers seem to think that cramming with a great deal of food makes babies strong; but, on the contrary, it only weakens and disturbs their stomachs, and has killed thousands outright. Only a few weeks ago, a baby three months old died very suddenly, and the doctor found out that the mother had that day suckled it, given it three cups of arrow-root, and some milk and water; in short, he said she had *crammed it to death*. In the same town, another woman gave a hearty supper to two sucking infants before putting them to sleep, and between three and four o'clock in the morning they were found quite dead. Here, again, the doctor said

that the great mass of food in the stomach caused death.

When the baby turns away from the food, it is generally a sign that it has had enough; but, sometimes when it is troubled with wind, it will turn away before it really has; when this happens it should be laid with its stomach upon the mother's left arm, or on her lap, while she rubs its back gently with her right hand. This will generally get rid of the wind, and the baby will then take its food again; if, however, it still turns away, she should not force it to take any, for if she does she will only do it harm.

A baby brought up by hand should be fed just as often as its mother would give it the breast if she suckled it; and when the first four teeth are through, it should be fed just as often as babies when they begin to be weaned.

CUTTING THE TEETH.

If children are badly managed, they often suffer much pain, and have fits and convulsions, when they are cutting the teeth; but healthy, well-managed children generally suffer comparatively little. When a child is cutting its teeth it should have less food, and should be allowed to drink water as often as it pleases; there is nothing so good to cool the hot little mouth and gums; more water than usual should also be put to the food. Something that the child may suck helps to ease its gums. Some people give it a piece of coral or an ivory ring, but these are too hard; the best thing is a penny square of India-rubber, with a piece cut out at each of its corners, in this way:— This is handier to get into the mouth than an India-rubber ring.

SLEEP.

Babies need much sleep; when they are very young most of their time should be passed in eating and sleeping. After the first few months they do not need so much, but up to two years old they ought to have at least one or two hours' in the middle of the day, and twelve hours' at night.

A mother should always try to get her baby to sleep at the same hours every day; but if it will not go off at the regular times, she should NEVER, NEVER GIVE IT SLEEPING MIXTURES OF ANY KIND. They are poisons which kill hundreds of weak children outright, and do very much harm even to the strongest.

Babies should never be even rocked or tapped to get them to sleep, except when they are ill, and then they may be very gently rocked a little in the arms or the cradle. Rocking and tapping not only do a baby harm, but they also give very much needless trouble to the poor mother.

A baby should not sleep at night in any of the clothes which have been on it in the day time, for they are all soaked in sweat from its skin. They should all be well shaken out, and hung over a chair all night, so that the fresh air may get to them, and make them sweet and dry, ready for the next morning. For the first month a baby should wear just the same number of clothes in the night as in the day, but after that time a night-gown and shirt will be enough for it to sleep in.

It should not sleep in the bed with its mother, but in a crib by her side, unless the weather is very cold, when it is best for it to be with her that she may keep it warm. But there is very much cause to fear lest it should be overlaid, or stifled to death by slipping

under the bed-clothes. This very often happens, especially when the baby lies with a person who sleeps very soundly.

A bag filled with chaff, dried moss, cocoa-fibre, Indian-corn leaves, sea-grass, or horse-hair, makes a very good bed. These are much better than feathers, and, besides, some of them are so cheap that even a poor mother can afford to have the bed filled afresh whenever it begins to smell bad. The green, soft, long moss which grows on shady banks and hills, is the right sort for beds. It should be gathered in dry weather, and be well picked and washed clean, and spread in the sun to dry. When it is quite dried, the bunches should be pulled apart; it is then ready to put into the bed. Very nice pillows may be made of the same moss. As young children's beds are often wetted, they should often be filled afresh, so that they may always be quite sweet and clean. Directly the baby is out of its bed, the bed-clothes should be all stripped off and shaken and hung over a chair, and the window be thrown widely open to let plenty of fresh, pure air come in to sweeten the room, bed, and bed-clothes. Great care should be taken not to smother the baby up with too many bed-clothes, for too much covering makes it very liable to take cold; and if the clothes lie heavily on its weak little chest, it cannot breathe properly. The mother should be careful, too, not to let the bed-clothes cover its mouth and nose. Then, on the other hand, she must take care that it has enough covering to keep it comfortably warm. She cannot be too careful about all these things, for as above half a baby's time is passed in sleeping, it is of very great consequence that it should sleep comfortably. It is a good plan to look at the baby often when it is asleep, to see that it is not un-

covered, or that the clothes have not slipped over its mouth and nose. Sometimes, too, it may catch a flea from some dirty person, and this will often disturb it for hours if it is not taken away. In the day time the baby will be warmest down-stairs in a cradle. The little bed and pillow for the cradle may be made of the moss before mentioned.

Miss Nightingale has lately written a very valuable little book called "*Notes on Nursing*,"* which ought to be in every woman's hands. In the chapter on "Minding Baby,"† Miss Nightingale says, "You must take care that baby is not startled by loud, sudden noises; all the more you must not wake it in this way out of its sleep. Noises which would not frighten you, frighten baby. Many a sick baby has been killed in this way." Neither should a baby be suddenly snatched up from sleep. How should we feel if in the midst of a sweet, deep slumber, some giant came, and suddenly hoisted us up, between earth and heaven, as we do poor baby?

The greatest care should be taken to have always plenty of pure, fresh air in the rooms where children sleep; it costs nothing, and they cannot be well without it. On this point Miss Nightingale says,‡ "It is all nonsense what some old nurses say, that you can't give baby fresh air without giving it a chill; and, on the other hand, you may give a baby a chill which will kill it (by letting a draught blow upon it when it is being washed, for instance, and chilling its whole body, though only for a moment), without giving it fresh air at all; and depend upon this, the less fresh

* *Notes on Nursing, for the Labouring Classes;* by Florence Nightingale. Price 6d. 22, Berners Street, Oxford Street, W.

† *Notes on Nursing*, p. 88.

‡ *Notes on Nursing*, pp. 90 and 91.

air you give to its lungs, and the less water you give to its skin, the more liable it will be to colds and chills." "But take care not to let a draught blow upon a child, especially a sick child. Perhaps you will say to me, 'I don't know what you would have me do. You tell me, don't feed the child too much, and don't feed it too little; don't keep the room shut up, and don't let there be a draught.' Dear little nurse, you must learn to *manage*." Two little tracts called "*The Cheap Doctor*,"* and "*The Worth of Fresh Air*,"† show how very much harm is done by keeping windows shut, and breathing the same hot, foul air over and over again.

GOING OUT-DOORS.

In summer, the baby should be taken out-doors when it is three or four weeks old; in winter, it ought not to go out until it is five or six weeks old. In fine, bright weather, it can hardly be out too much. A baby is like a plant—it cannot grow strong and beautiful without plenty of fresh out-door air and bright light. If a plant is kept away from fresh air and sunshine, it grows weak and sickly; and so do little children, as any one may see by going into the dark, damp houses, in large, crowded towns, and noticing the pale faces and wasted limbs of the children who live there. Miss Nightingale says,‡ "A child was once brought up quite alone in a dark room, by persons

* "The Cheap Doctor; a Word about Fresh Air." Prepared under the direction of the Committee of the Ladies' Sanitary Association. Price One Halfpenny, London: The Ladies' Sanitary Association, 22, Berners Street, Oxford Street, W., and Jarrold and Sons.

† "The Worth of Fresh Air." Price Twopence. London: The Ladies' Sanitary Association, 22, Berners Street, Oxford Street, W., and Jarrold and Sons.

‡ "*Notes on Nursing*," p. 89.

who wished to conceal its being alive. It never saw any one, except when it was fed; and though it was treated perfectly kindly, it grew up an idiot. This you will easily guess. Plenty of light, and sunlight particularly, is necessary to make a child active, and merry, and clever. But of all things, don't burn baby's brains out by letting the sun bake its head when out, especially in its little cart, on a hot summer's day."

Some mothers send their babies out-doors with little girls who are not strong enough to carry them properly. This is very bad for the baby, and for the poor little girl who carries it: so, if a mother really cannot go out with her child herself, nor get any one to carry it properly for her, it is even better to keep it in-doors, though that is very bad.

A baby should never be carried upright until it is, at least, six months old; before that time it should be laid carefully over both arms, and lie just as it does in bed. It should be changed from one arm to the other every ten minutes, because if it always lies on the same side, and with one eye always turned from the light, it becomes cramped, and will be very likely to squint. It also does the mother harm to carry the child always on the same arm, for when she does so, the muscles on one side of her body will become tired and strained through being used too much, while those on the other will be weakened through being used too little; this is the way many young women become crooked. The mother must take care also not to press the baby hard against her when she is carrying it, for its bones are very soft, and they may be easily bent if its limbs are much pressed.

WALKING.

We often hear people speak of "teaching babies to walk;" but they do not need to be taught, for they will be sure to get up and walk when their legs are strong enough, and it does them harm to do so before. In this, as in very many other things, they would be all the better for a little wholesome leaving alone. But this does not suit some mothers, who being in a great hurry to see their children walk, cannot rest content without putting them into leading-strings, or go-carts, or leading them with the hand. All they generally get for their pains is the sight of their children's crooked legs and ankles, caused by being forced to walk before the right time.

But though a baby should not be hurried in walking, it should be allowed to keep moving all day while it is awake, for its limbs cannot get strong unless they are used. The best plan is, to put it down on a large cushion on the floor, and there allow it to roll, tumble, and stretch its limbs, as all other young animals do. If it has a ball or a rag doll to crawl about after, it will be very happy, and will, besides, give little trouble, and be making its limbs strong, ready to walk by-and-bye. The cushion should be about one yard and a half square, be filled with cocoa-fibre, Indian-corn leaves, sea-grass, chaff, or any other soft stuffing, and covered with some common cotton material. It is a great pity to accustom a baby to be constantly nursed, for it only does it harm, and gives the mother very much needless trouble. Of course, when baby is on the floor it must be watched, lest it should put its head into the coal-scuttle, its toes into the mouse-trap, or do some other of the many forbidden things whch babies and kittens are so clever

at. In warm, dry summer days, it is a good plan to lay the cushion on the grass in the garden, and put the baby down on it, to use its limbs in the fresh, pure air and light. In short, its whole time should be spent in doing three things only—eating, sleeping, and moving. All the day long, the birds, the beasts, the fish, and even the creeping things, are scarcely ever still five minutes together: moving brings life and health to all things—babies among the rest.

TALKING.

If a mother wishes her baby to talk early and plainly, she should let it make all the noise it pleases; this is the way to strengthen its lungs, and make it speak well. Children ought not to be still, they should be allowed to shout, laugh, and crow as loudly as they can. Quiet, "*good*" children, as they are called, go soon to a quiet place—the grave.

Some children when they begin to talk, speak so quickly that they get quite out of breath, and begin to stutter. Whenever they do this, they should not be laughed at and played with, but should be at once stopped, and bidden to speak more slowly, or keep quiet; or they will, perhaps, get into a painful habit of stuttering, which may be a very heavy trouble to them all their lives.

PHYSIC.

Some mothers are very fond of giving their children physic. This is a very wrong and dangerous thing to do, for if a child is not ill, physic must do it very much harm; and if it is ill, nobody but a doctor knows what is the right sort of physic to give it. If

a woman's clock wants cleaning, she takes it to a clockmaker; even if her saucepan has a hole in it, she does not try to mend it herself, but takes it to an ironmonger; and she acts wisely, for she does not know the right way either to clean clocks or mend saucepans. But if her baby is ill she very often does not go to the doctor until she has first physicked it herself, although curing illness is a thousand times harder than clock-cleaning or saucepan-mending. The wisest doctors, who have been learning about illness all their lives, often humbly say that there is still a great deal about it which they cannot understand; how then can we women, who know so very much less than they, be so conceited as to think we can understand it? The best thing we can do is, to learn how to keep ourselves and our children well, and leave curing illness to those who have studied it.

But if we managed our children properly, they would very seldom be ill. They are made to be healthy and to live long, and if they sicken or die, it is almost always through our bad management; on thousands of their gravestones might be truly written:—
KILLED BY IGNORANCE.

Let us all ask ourselves whether these things ought to be so, or whether it is not high time to stop, and learn to do our duty towards the little helpless ones which are given to us. It is not the will of our Father in heaven that one of them should thus perish, but rather that they should live long, to glorify Him and to comfort us. May His will be done!

S. R. P.

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